

Prayer  
&

Fasting

January 4-11, 2026



# Proverbs

21:21

“Whoever pursues  
righteousness and  
kindness will find  
life, righteousness,  
and honor.”

STRONGS H7291:

רָדַף rādaph, raw-daf'; a  
primitive root; to run after  
(usually with hostile intent;  
figuratively [of time] gone  
by):—chase, put to flight,  
follow (after, on), hunt, (be  
under) persecute(-ion, -or),  
pursue(-r).

רָדַף



Part of Speech

VERB



**W E  
D O N ' T  
D R I F T  
I N T O  
H E A L I N G  
W E  
P U R S U E  
I T**



— Here is how we find hope and healing in God. —

SPARK HOPE  
FIND HEALING  
MAKE AN IMPACT  
CHAMPION WHOLISTIC HEALING



# Preparation for the Fast

## Why Fast?

Fasting serves as a spiritual tool through which God advances His kingdom and transforms the destiny of nations. It brings hope and wholeness, ignites revival, and facilitates breakthroughs in individuals' lives. This practice is designed to humble ourselves before God, dedicate ourselves to Him for the year ahead, and collectively seek breakthroughs.

## Jesus fasted.

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry. **MATTHEW 4:1–2**

And Jesus returned in the power of the Spirit to Galilee, and a report about him went out through all the surrounding country. **LUKE 4:14**

Jesus knew he was going to need spiritual strength to fulfill his purposes. Fasting makes us spiritually strong and prepares us to do God's work.

## Fasting is an act of humility and consecration.

Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods. **EZRA 8:21**

As we humble ourselves through prayer and fasting, we can receive God's answers to our prayers.

## Fasting helps us become sensitive to the Holy Spirit.

While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." **ACTS 13:2**

When we deny ourselves of natural cravings and worldly distractions, we become more sensitive to God's voice, allowing us to better focus on God and submit to his will.

## Fasting brings revival.

And your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to dwell in. **ISAIAH 58:12**

Throughout history, God has brought revival and delivered nations from destruction in response to prayer and fasting. Fasting helps us persevere in prayer and intercession.

## Fasting is healthy.

Fasting cleanses your digestive system from toxins. Doctors consider fasting a cure for certain allergies and diseases. The discipline of fasting helps break unhealthy addictions in our lives.

## PLANNING YOUR FAST

Then Joshua said to the people, "Consecrate yourselves, for tomorrow the Lord will do wonders among you." **JOSHUA 3:5**

**Pray**—Spend time reading the Bible before the fast. Ask the Holy Spirit for guidance in your prayers. On the pages provided write down your faith goals and specific prayer requests for your family, friends, church, and nation.

**Commit**—Pray about the kind of fast you will undertake and commit to it ahead of time. Record your plan on page 7. Ask God for grace to help you follow through with your decisions.

**Act**—Avoid food high in sugar and fat. Plan to limit physical and social activities for the week of the fast. Ask someone to be your prayer partner throughout the fast.

NOTE: Consult a physician, especially if you are pregnant, nursing, or taking medication. Determine what will work best if your situation does not allow you to do a full fast.

## WHILE FASTING

[Jesus] answered, "It is written, 'Man shall not live by bread alone, but by every word that comes from the mouth of God.'" **MATTHEW 4:4**

**Focus**—Set aside time to work through the devotionals. Be ready to respond to God's Word and the leading of the Holy Spirit.

**Pray**—Join at least one prayer meeting in your local church. Intercede for your family, church, pastors, nation, campuses, and missions throughout the week.

**Replenish**—During mealtimes, read the Bible and pray. Drink plenty of water and rest as much as you can. Be ready for temporary bouts of physical weakness and mental annoyances like impatience and irritability.

## BREAKING THE FAST

And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him. **1 JOHN 5:14–15**

**Eat**—Reintroduce solid food gradually. Your body will need time to adjust to a normal diet. Start with fruits, juices, and salad, then add more vegetables. Eat small portions throughout the day.

**Pray**—Don't stop praying! Trust God's faithfulness and timing. Carry your newfound passion for God throughout the year. Be in faith for God to answer your prayers.

MY PRAYER PARTNER:

MY PLAN

If two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. **MATTHEW 18:19**

DAY 1

☐ Water only ☐ Liquid only    ☐ One meal only    ☐ Other:

Prayer meeting(s) to attend:

DAY 2

☐ Water only ☐ Liquid only    ☐ One meal only    ☐ Other:

Prayer meeting(s) to attend:

DAY 3

☐ Water only ☐ Liquid only    ☐ One meal only    ☐ Other:

Prayer meeting(s) to attend:

DAY 4

☐ Water only ☐ Liquid only    ☐ One meal only    ☐ Other:

Prayer meeting(s) to attend:

DAY 5

☐ Water only ☐ Liquid only    ☐ One meal only    ☐ Other:

Prayer meeting(s) to attend:

DAY 6

☐ Water only ☐ Liquid only    ☐ One meal only    ☐ Other:

Prayer meeting(s) to attend:

DAY 7

☐ Water only ☐ Liquid only    ☐ One meal only    ☐ Other:

Prayer meeting(s) to attend:

# I am thankful to God for...

# Answered Prayers

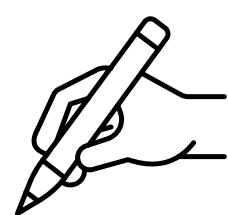
## List highlights, answered prayers, and lessons learned from 2025

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting or typing. There are no margins, text, or other markings on the page.

# In 2026, I will seek God wholeheartedly and trust Him in every area listed below:

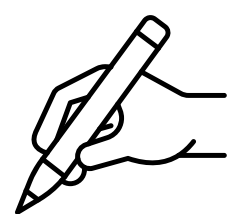
## Personal Faith Goals

Spiritual Revival • Physical Healing • Prosperity and Abundance • Rich Generosity . . .



## My Family

Restoration of Relationships • Household Salvation . . .



## My Education/Career

Excellence • Promotion . . .



## My Ministry

Small Group Growth • Salvation of Colleagues and Classmates . . .



# I am committing to pray for...

# Name

## Request(s)

[illegible]

# I am committing to pray for ...

## My Church

Church Leadership • Provision • Discipleship Ministry ...

## My Community

Campuses & Educational Institutions • Local Government • Outreach Opportunities ...

## My Nation

Government Officials • Spiritual Revival • Economic Prosperity • Peace ...

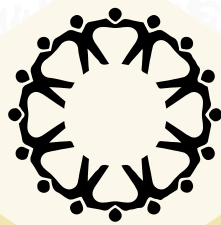


# The Three Pursuits



## **Spiritual Depth**

Pursuing  
righteousness...healthy  
ministry flows out of  
healthy souls.



## **Relational Unity**

Before God grows a  
church numerically, He  
strengthens it relationally.



## **Missional Impact**

As we pursue  
righteousness and love,  
God positions us for  
impact, expansion, and  
influence.

# Pursue

# His

# Presence

## Proverbs 21:21

*“Whoever pursues  
righteousness and  
kindness will find life,  
righteousness, and honor.”*

Righteousness is about alignment and not flawlessness. God has asked us to be positioned rather than perfect. Righteousness is the daily choice to bring our hearts, habits, and decisions back under God's authority. It's choosing God's way over convenience, obedience over comfort, and truth over shortcuts.

Do you think righteousness is about avoiding big sins? Yeah, I did too. But, scripture shows us it's more comprehensive than that. Righteousness touches our attitude, our relationships, our integrity, and even quiet decisions no one else sees. It's not just about what we stop doing; it's about what we actively pursue.

Alignment can feel costly. Sometimes it requires letting go of patterns we've normalized, conversations we've excused, or compromise we've justified. But God never asks us to realign without also promising life on the other side of obedience.

Righteousness doesn't drain us, it directs us.

### PRAYER:

Search me God. Show me where my life has drifted from your design. Align my heart, habits, and my motives with You. Give me courage to choose obedience and the grace to walk it out daily.

No more excuses, In Jesus Name, Amen.

# DAY

# 01

# Pursue His Presence

## REFLECTION

Righteousness is alignment, not perfection. It's choosing God's way even when it cost us something. Where do I need to realign my life with God's way? (Not just externally, but internally)

## APPLICATION

Confess and release one area of compromise today.  
Ask God not only to forgive you but to reorder you.

## Supporting Scriptures

But seek first the kingdom of God and his  
righteousness, and all these things will be added  
to you.  
(Matthew 6:33)

Your word is a lamp to my feet and a light to my  
path.  
(Psalm 119:105)

Cease to do evil, learn to do good, seek justice,  
correct oppression...  
(Isaiah 1:16-17)

Draw near to God, and he will draw near to you.  
(James 4:8)

**Save & Share!**

# KIDS DEVOTIONAL

PURSUE WHAT IS RIGHT

“Choose to do what is right and kind.” (Proverbs 21:21)

Doing what is right doesn't mean we never mess up. It means we try again when we do. God helps us choose kindness, honesty, and love even when it is hard or when no one is watching.

## PRAYER CORNER



God, help me  
choose what is  
right today.

Thank You for  
being with me.  
Amen.



## PARENTS CORNER

Have your child draw a  
picture of themselves being  
kind.



# Pursue Intentional Healing

## Psalm 147:3

*“He heals the  
wounds of every  
shattered heart.”*

God’s healing is not in superficial skin repair. He is not in a hurry when it comes to healing, his scalpel is precise. He is never rushed nor careless. He isn’t simply silencing pain; He restores wholeness. He binds wounds with precision, compassion, and patience. **The Word of God is clear, He heals the brokenhearted and not just the broken places.** What does that mean? He addresses the source, not just the symptoms.

Many of us have learned how to manage pain rather than surrender it. We function. We cope. We keep moving. We spiritualize what still needs to be healed. Over time, unmanaged pain becomes familiar, and familiarity can trick us into thinking we’re fine when we’re simply just surviving.

But Jesus does not heal us so we can merely endure, He heals us so we can be free.

Healing often begins when we stop minimizing what hurt us and start trusting God with what we’ve avoided. It requires honesty. It requires courage. And it requires us to believe that God is gentle enough to handle what we’ve buried.

**Jesus doesn’t shame us for needing healing. He invites us to come closer.**

**PRAYER:**

Jesus, You see what I’ve survived and what I’ve silenced. Heal what I pushed past but never processed. Restore what was broken quietly. I trust You with my pain, not just the parts I understand, but the parts I don’t. In Your name, Amen.



# Pursue Intentional Healing

# REFLECTION

## What pain have I learned to manage instead of surrender?

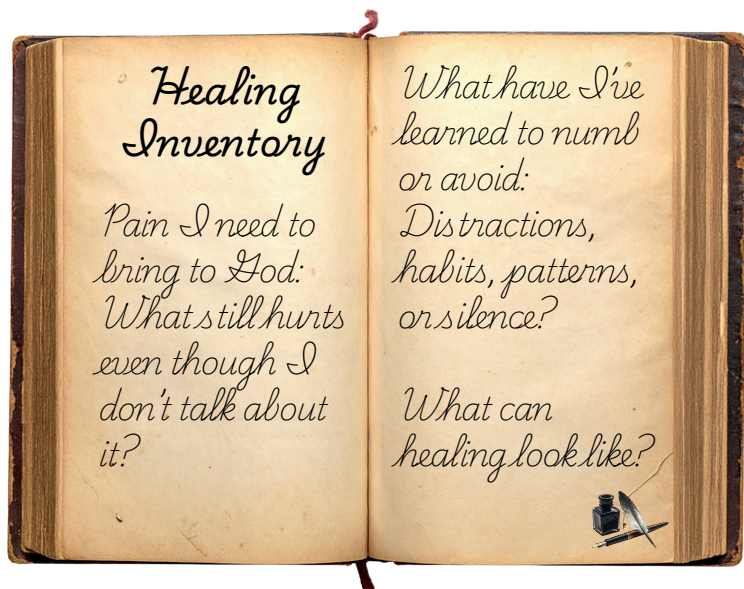
# APPLICATION

**Name one area where you need healing?  
(Physically, emotionally, relationally, or spiritually)  
Offer it honestly to God today.**

## Supporting Scriptures

**He has sent me to bind up the brokenhearted...**  
**(Isaiah 61:1)**

**For I will restore health to you, and your wounds I  
will heal, declares the Lord.  
(Jeremiah 30:17)**



# Save & Share!

# KIDS DEVOTIONAL

## PURSUE HEALING

“God heals broken hearts”  
(Psalm 147:3)

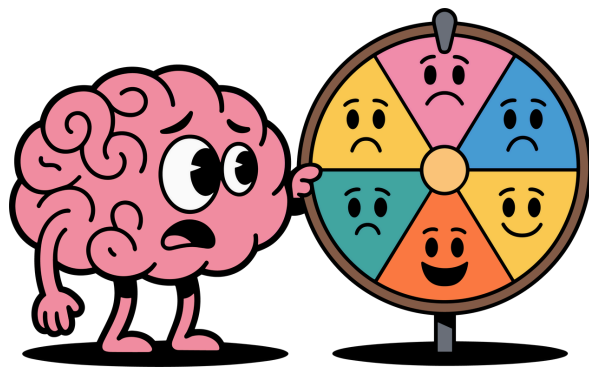
Sometimes our feelings hurt.  
God cares about how we feel.

When something is hard or sad,  
we can talk to God about it. God  
is kind and gentle. He helps our  
hearts feel safe and loved.

God is always close to us.

## PRAYER CORNER

 Jesus, Thank  
You for loving  
me. Help my  
heart feel safe.  
Amen.



## PARENTS CORNER

Have your child write one  
feeling they want to talk to  
God about. Parents there is  
no wrong feelings. Today just  
listen to your child and allow  
them to feel safe.



**John  
10:27**

# Pursue His Voice

*“My sheep hear my voice, and I know them, and they follow me.”*

God still speaks. He guides, corrects, comforts, and leads those who are willing to listen. His voice is steady and loving. His voice is never rushed or confusing. In a world filled with constant noise, pursuing His voice requires us to slow down and quiet what competes for our attention.

Hearing God is not reserved for a few. Do you hear me? HEARING GOD IS NOT RESERVED FOR A FEW! It is cultivated through time with Him, trust in His character, and a heart that is attentive. When we learn to listen, God brings clarity where there has been confusion and peace where there has been uncertainty.

Hearing God is not reserved for spiritual experts. It is cultivated through time with Him, trust in who He is, and a heart that is willing to listen and respond. As we quiet competing voices, we become more aware of His guidance and presence in everyday moments



# Pursue His Voice

## REFLECTION

What voices or distractions may be making it difficult for me to hear God clearly?

## APPLICATION

Choose a short passage of Scripture today. Read it slowly. Pause after each sentence and notice what stands out. Write down one word or phrase that feels significant and ask God what He wants you to understand through it.

## Supporting Scriptures

The sheep follow him because they know his voice.  
(John 10:4)

Be still, and know that I am God.  
(Psalm 46:10)

If any of you lacks wisdom, let him ask God,  
who gives generously to all.  
(James 1:5)

**Save & Share!**

# KIDS DEVOTIONAL

## PURSUE HIS VOICE

“My sheep listen to my voice.”(John 10:27)

God talks to us because He loves us. We listen to God when we pray, read the Bible, and take quiet time.

God helps us know what is right and reminds us that we are not alone.

## PRAYER CORNER

God, help me to listen to you.



Thank you for loving me.



## PARENTS CORNER

Parents children will draw themselves listening to God. Have your child sit quietly for one minute and talk to God. Allow God to speak to them.



# Pursue Love and Unity

**John  
13:15**

*“For I have given you an example, that you also should do just as I have done to you.”*

Love is our witness, and unity reflects the heart of God. Jesus made it clear that the way we love one another speaks louder than what we say we believe. Unity does not require sameness or constant agreement. It requires humility, grace, forgiveness, and a commitment to stay connected even when it is difficult.

God invites us to pursue relationships marked by honor and peace. That pursuit often includes hard conversations, extending forgiveness, and choosing understanding over offense. When love leads, unity follows. As we pursue love, God strengthens families, restores friendships, and builds a healthy church community that reflects His heart to the world.

# Pursue Love and Unity

## REFLECTION

Is there a relationship that needs healing, forgiveness, or realignment?

## APPLICATION

Identify one relationship where unity feels strained. Pray intentionally for that person today and ask God to show you one loving step you can take toward peace.

## Supporting Scriptures

Bear with one another and forgive one another if any of you has a grievance against someone.  
(Colossians 3:13)

Be devoted to one another in love. Honor one another above yourselves.  
(Romans 12:10)

Make every effort to keep the unity of the Spirit through the bond of peace.  
(Ephesians 4:3)

**Save & Share!**

# KIDS DEVOTIONAL

PURSUE LOVE AND UNITY

“Love one another.”  
(John 13:35)

God wants us to love others.  
Love shows God to the world.

THINK ABOUT IT

Who can you show love to today?

## PRAYER CORNER



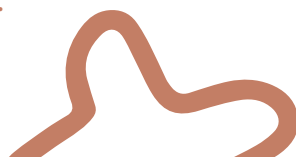
God,  
Help me love  
others.  
Amen.

## PARENTS CORNER

One day, Joylin saw her friend Pax sitting alone.  
Pax looked sad and didn't want to play.

Joylin remembered that God wants us to love others.  
So she walked over and said, “Do you want to play with me?”

Pax smiled. They played together, and Pax felt happy again.  
Joylin's small act of kindness showed God's love.





# **IMPACT CITY**

## **CHURCH**

**SPARK HOPE**  
**FIND HEALING**  
**MAKE AN IMPACT**  
**CHAMPION WHOLISTIC HEALING**